12 Potent Home Remedies to Prevent Eczema Naturally

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Of all the skin diseases that have emerged in recent times, eczema is one of the most common skin disorders seen mostly in children and young adults. The term eczema refers to a group of skin diseases that is caused by inflammation of skin and is characterized by a number of symptoms like redness, itching, crusting patches, dryness, flaking, crusting, skin rashes, skin swelling, oozing or bleeding. Eczema can spread to other parts of the body if it is left untreated. The most extensive form of eczema is atopic dermatitis, commonly known as atopic eczema.

Research shows that eczema is caused by combination of a number of factors like genetics, environmental factors, abnormal functioning of the immune system and defective skin barrier that allows germs to penetrate into the inner layers of the skin. When it comes to treatment for skin diseases, it is best to rely on natural remedies and just like natural cures for ringworm, psoriasis, melasma and other skin diseases, it is best to treat eczema with home remedies as well, which are effective and yet have no harmful side effects.

Top 12 Natural Remedies for Eczema Cure

When it comes to treating skin issues like eczema, it is best to opt for home remedies using natural ingredients that cure the problem without causing any harm to the skin.

Coconut Oil

The uses of coconut oil for grey hair is well known, and it is an incredible remedy for all types of hair and skin problems. Coconut oil is an effective organic moisturizer that is readily absorbed into the skin
which makes it one of the finest home remedies for eczema. The lipids and healthy fats present in the oils soothe the irritated and inflamed skin of eczema and prevent it from drying out and itching.

The antibacterial properties of coconut oil also make it beneficial for curing the eczema infection. But it is best to use organic cold pressed coconut oil for this purpose. Cold pressed coconut oil is processed at temperatures below 116 degrees, thereby preserving the oils enzymes, minerals, and nutrients. Wash and dry your hands and slather a thin layer of coconut oil on the affected skin and let the oil get absorbed into the skin. Reapply the oil 2 to 3 times a day in order to relieve the irritation and pain.

Chamomile

Chamomile is an incredible herb that is well known for soothing inflammation, itchiness and skin irritation which makes it the best home remedy for eczema infection. The benefits of chamomile are attributed to the natural alcohol bisabolol present in it. Bisabolol has been shown to soothe irritation and reduce inflammation and its anti-microbial effects fights off the germs and bacteria that tend to worsen the infection.
You can reap the benefits of chamomile by preparing a chamomile tea soak. Brew some dried chamomile flowers in boiling water for 10 minutes. Apply the lukewarm chamomile tea on the affected areas with the help of a clean cotton cloth. Do this 3 to 4 times a week. You can also apply a few drops of pure chamomile oil on the affected areas every day to soothe irritation.

Oats Bath

Oatmeal is an important part of any weight loss diet because it is a rich source of healthy complex carbs and fiber. Oatmeal is also quite beneficial for skin, and it makes an excellent exfoliating scrub. A nourishing oats scrub is the ultimate answer to the question of how to get rid of dead skin cells from the body. Oatmeal is also considered one of the functional natural remedies for eczema.

A plain oatmeal bath not only moisturizes the dry, irritated skin, but the anti-inflammatory properties of oatmeal also reduces inflammation and itchiness caused by eczema. Sprinkle 1 cup of uncooked oatmeal or colloidal oatmeal in our bathtub filled with water. Soak in the smooth and milky water for 10 to 15 minutes and then get out, take a shower, pat dry with a clean towel and apply medicated moisturizer on your skin. You can also apply oatmeal paste directly on eczema; wait for 15 minutes and rinse off with water.

Jojoba

Although coconut oil is an amazing natural remedy for eczema, it is a highly specific skin condition that can’t be cured just by coconut oil. While some people may suffer from dry and irritated eczema, others may suffer from pus-filled, painful patches. Jojoba oil is an effective home treatment for eczema in such cases. Jojoba is more of a liquid wax than oil which readily penetrates into the deeper layers of the skin.
The molecular structure of jojoba oil is quite similar to those of the natural oils (sebum) produced by the body. The long chain fatty acids and fatty alcohols present in jojoba oil nourish and moisturize the affected skin intensely. Wash your hands appropriately with soap and then apply jojoba oil directly on the affected areas by gently massaging in on your skin. Reapply the oil 3 times daily till you get desired results.

Honey

The wonderful humectant properties of honey makes it an amazing natural remedy for chapped lips and dry skin. It is also a dominant natural remedy for eczema thanks to its anti-microbial and anti-inflammatory properties. Honey speeds up the healing process of broken skin and reduces skin irritation and itching.
But it is best to use raw organic honey or Manuka honey for this natural treatment. Wash your hands and dry them, then apply a thin layer of honey evenly over the affected area. Cover it up with a bandage or clean cloth and let it stay like that for 30 minutes. Then wash off with cool water and dry the area. Reapply the honey 3 times every day till you get expected results.

**Aloe Vera**

The hydrating and natural moisturizing properties of aloe vera makes it a popular ingredient in [facepacks for dry skin](#). It is also one of the functional home remedies for a skin rash, infection, or irritation. One of the main reasons for eczema is excessive dry skin, so it makes sense to keep the skin moisturized with lots of moisturizers.

What better way to hydrate your skin than with 100% pure aloe vera gel that won’t block the skin pores or irritate the skin? Pure aloe vera gel soothes and moisturizes dry, flaky skin. Cut the tip of an aloe vera leaf and extract the gel from within. Apply this gel directly on the irritated skin and let it get soaked into the skin. Reapply the gel once every day in order to provide a soothing effect.

**Calendula**

Calendula, a marigold flower, is widely used in skin care products like creams, lotions, oils and soaps because of its anti-inflammatory and anti-bacterial properties which eliminates infections and skin irritation. Calendula can be used even by people with sensitive skin because it shows no side effects. Calendula tea or ointment is one of the best remedies for eczema.
You can make a tea by boiling some dried calendula blossoms in a cup of hot water. Add 5 drops of lavender essential oil to this tea and dab it on the affected skin 2 times a day till irritation is completely relieved. You can also apply calendula products like lotions, ointments and oils available at drug stores but make sure they don’t contain potentially irritating ingredients.

Vitamin E Oil

Natural skin glowing tips are incomplete without the mention of vitamin E oil in them. Vitamin E is an extremely beneficial nutrient for skin that helps in improving the overall health of the skin. Topical use of vitamin E oil is one of the most effective home remedies for eczema on the face because it contains natural D-alpha tocopherol and mixed natural tocopherols.

The powerful anti-inflammatory and antioxidant properties of vitamin E also help in relieving infection and skin irritation. It also hurries up the healing process of the skin. Apply a generous amount of vitamin E oil on the affected skin by breaking open a vitamin E capsule. Leave the oil on the skin for
15 minutes so that it reacts with the affected skin and then wash off with water. Reapply this oil 3 times every day for best results.

Cucumber

The cooling and hydrating properties of cucumber make it a popular ingredient for various soothing face packs. The skin lightening properties of cucumber also makes it an amazing cure for dark circles around eyes.

The soothing effect of cucumber makes it a beneficial natural remedy for eczema by reducing the pain, burning, itching, and inflammation. But, it is important to treat eczema by using organic cucumber in order to reap best results. Extract some fresh cucumber juice and dab it on the affected areas using a clean cotton cloth. Let it soak into the skin for 1 hour and then wash off with water. You can also place a thin slice of cucumber on eczema and leave it on for 1 to 2 hours.

Neem and Turmeric

Both neem and turmeric are important ingredients of ayurvedic treatments that have been used for ages to treat various types of diseases and health condition. The combination of neem and turmeric is especially effective for treating skin diseases and infections. It is an amazing homemade treatment for acne and pimples which also helps in curing eczema.
Curcumin, the active ingredient found in turmeric, possesses powerful anti-inflammatory and bactericidal properties, whereas neem or Indian Lilac is well known for its antibacterial, antiviral, antiseptic, antimicrobial, antifungal and blood-purifying properties which help in soothing the skin and reducing skin infections. Crush some neem leaves to form a smooth paste and add it to organic turmeric powder. Add a teaspoon of coconut oil to thin the mixture. Apply it evenly on the affected areas of the skin and leave it for 30 minutes, Wash the area with warm water. Reapply the concoction 2 times a day for 10 days.

Sweet Almond Oil

Almond skin benefits are numerous, and almond oil is a popular ingredient in various skin care and hair care products as well. Sweet almond oil is extracted from the kernel or nuts and it works as a useful remedy for eczema and dry/ chapped skin thanks to the ursolic and oleic acids present in the oil which have been shown to reduce inflammation and promote the healing process of skin.
Sweet almond oil doesn't have any side effects; therefore, it can be applied generously on skin as many times as you want. You can trickle some sweet almond oil on your palm and smear it all over the skin everyday before you take a bath or shower in order to protect the skin from the drying effects of warm water.

Apple Cider Vinegar

Apple cider vinegar is a common household ingredient that is widely used in DIY home remedies for skin and hair, and it is an amazing homemade hair treatment for damaged hair. The amazing antibacterial and antifungal properties of apple cider vinegar also makes it an easily available and inexpensive treatment for eczema and skin irritation.

It helps in soothing the skin and reducing itching and infections. Mix equal portions of organic apple cider vinegar and water in a vessel and apply it to the affected areas of your skin. Let it soak in for 30 minutes and then wash off with water. Reapply the concoction 2 to 3 times a day for 1 week to get visible results.

Tips to Prevent and Control Eczema

Following a balanced and healthy diet, avoiding inflammatory foods and including relaxing exercises in your daily routine can go a long way in preventing and controlling eczema and other skin conditions.
Diet

Most of us are not aware of the fact that when it comes to eczema, diet plays a very important role. People suffering from eczema are suggested to avoid inflammatory foods like gluten and dairy. And avoiding these foods actually makes a difference. Avoiding processed foods is also a good idea. It is best to stick to an organic and healthy diet chart that includes fruits, vegetables, and other foods.

Probiotics and Vitamins

Disruption in the balance of bacteria in the gut is another reason of eczema. Therefore, it is important to maintain the healthy balance of healthy bacteria in the gut by increase the intake of probiotics in the form of foods or supplements. There are certain vitamins which help in controlling eczema. Vitamin D is one such vitamin, the supplementation of which can help in controlling severe eczema.

Fish Oil

Fish oil is a rich source of essential fatty acids which helps in reducing inflammation and eczema flares caused by allergic reactions. Fish oil is also rich in N-6 and N-3 fatty acids, both of which have been shown to be vital for maintaining normal functioning of the skin.
Research shows that people suffering from atopic eczema usually have lower rates of essential fatty acids breaking down into metabolites and lower rates of fatty acids in the skin cell membranes closer to the top layer of the skin.

Track and Eliminate the Triggers

In certain cases, eczema can be triggered by certain irritants like chemicals in perfume or even fibers of wool. You will need to identify the cause of the eczema flare-up and try to avoid it at any cost.

Use Non-Irritating Soaps and Shampoos

Certain chemicals present in over the counter soaps, body wash, shampoos, and detergents can irritate the skin and cause eczema. Therefore, use soaps and shampoos that have natural and herbal ingredients.

Wear Non-Irritation Cloths

Wear comfortable and loose fitting clothes whenever possible and avoid fabrics and materials that make the skin itchy and irritated, like wool. Wear clothing made of smooth textured fabric like cotton and silk.

Use a Humidifier

Exposing your skin to dry air continuously can aggravate skin conditions like eczema because the dry air makes the skin cells dehydrated and flaky. You can correct this situation by using an air humidifier in your room which will add moisture to the air.
Keep Your House and Yourself Clean

Eczema and other skin conditions are often caused as a reaction of allergies and some common agents of allergies are dust, molds, pollens, pet dander and dandruff. Therefore, make it a point to practice proper personal hygiene and use a vacuum cleaner to keep your house clean.

Moisturize Your Skin

Moisturize your skin using a medicated moisturizer on a daily basis and do it right after you take a bath or shower. Take care to moisturize your arms, legs, back and the sides of the body.

Control Stress

Stress, both at psychological and physical level is one of the leading factors that cause eczema and other skin conditions. So, try to incorporate some stress-relieving activities like yoga, meditation and tai chi techniques every day to relax and unwind your mind and body.

So, now that you know the useful natural remedies for eczema and the important tips to prevent and control an eczema flare-up try them at home and say goodbye to the symptoms of eczema naturally.

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